

Tewksbury Memorial High School Principal's Newsletter November 2016

From the Principal's Desk - Kristen S. Vogel, M.A.T.

This time of year brings anxiety and questions for our seniors as they submit their college applications for early decision or early action. Many of our students submitted either their ACT or SAT scores with this application, and some applied to schools that are "test optional". More and more colleges and universities are moving in this direction. In fact, over 900 colleges and universities around the nation have moved toward "test optional". This means that students can apply for admission without submitting their test scores. I really appreciate that colleges and universities are moving in the direction of looking at students holistically instead of determining admittance based on a test score. Our students are well rounded individuals who are so much more than a test score. Earlier this fall I was reading an essay by the President of St. Lawrence University, where my daughter is a sophomore. In the essay he explains why colleges and universities, like St. Lawrence, have gone to test optional. Below is an excerpt from his essay:

Perhaps the best known of all tests in life are those that are (or once were) required for admission to American colleges—specifically, the SAT and ACT. These entrance exams were designed with confident claims of scientific precision that could accurately assess the academic qualifications, readiness, and future promise of college applicants, doing so under the reasonable desire to establish a common standard of fairness for all. It turns out, generally, that the predictive assumptions are not perfectly reliable, given that scores correlate

strongly with family background, bend advantage to those who can afford prep coaching, and cannot objectively measure individual circumstances, such as personal ambition.

Over the years, the form of standardized tests, particularly for college admissions, has been tested for precision and fairness. And the results of that scrutiny, even as revisions in content and "norming" occurred periodically, leave the issue in doubt. Further, the increasingly fragile trustworthiness of the ordeal, a moment punctuated by the unforgettable punchline, "stop, put your pencils down," has a major secondary deficit. Testing is not a public service. It is, instead, a big, lucrative business with all the entangled self-interest of maximizing profits. Standardized testing may have once been inspired by altruism, but that founding inspiration has become a fig-leaf of idealism covering huge market returns.

Howard Gardner, more recently, and after decades of extensive research at Harvard on how the mind works and how human beings possess a diversity of cognitive strengths, commented that "most standardized measures of learning are of little use." Gardner would easily recognize "the subtle mind" as a base assumption for his theory of multiple intelligences, an influential theory he developed in the 1980s. In other words, there are many ways to be smart, or even to be intelligent with subtlety, in differentiating proportions that include logic, language, spatial awareness, music, coordination of the body, personal sensibility, and social genius.

The future will need a variety of minds—some geared toward an intense discipline, some capacious enough to synthesize a narrative from many storylines, some inventive enough to be unencumbered by precedent, some inclined toward the respect of human differentness, and some that can conceptualize and articulate a system of ethical values.

Excerpt from President William Fox, A Word from the President, The Subtle Mind, St. Lawrence University Magazine, Fall 2016

I couldn't agree more with President Fox that our students are smart in so many ways that cannot be measured by a standardized test! However, I always recommend that our students take both the ACT and SAT tests so that they will have options when applying to colleges and be eligible for merit scholarships. Most colleges and universities require that students submit their scores in order to be eligible for merit aid even if they did not have to submit scores for admission.

TMHS Happenings Guidance News

TMHS will be hosting the SAT exam on March 11th. The registration deadline is February 10th. We are advising our junior students to register soon since there are only 120 spots available.

Administrative Chat Schedule

Friday mornings, 7:30-8:00am
Principal's Conference Room

December 16, 2016	(Mathematics/Spec. Ed)
January 20, 2017	(English/Social Studies)
March 17, 2017	(Science/World Lang.)
April 28, 2017	(Phys Ed./Bus/Art)

Calendar of Events

December

1-3 School Play, It's a Wonderful Life, 7:00pm
3 School Play, It's a Wonderful Life, 2:00pm
TEF Fundraiser-Barnes & Noble 9:00am-6:00pm
8 Half Day—Professional Development
15 Winter Band Concert 7:00pm, - Auditorium
16 Administrative Chat 7:30am
19 School Council 4:00pm
22 Progress Reports Available
Hats Off Luncheon 12:15pm
23-31 No School—December Recess

January

2 No School
3 School Reopens
16 No School—Martin Luther King Day
19 Hats Off Luncheon 12:15pm
20 Administrative Chat 7:30am
26 Half Day—Professional Development
30 School Council 4:00pm

SADD News

SADD continues to come together to help people make positive choices. On November 30th, we met for a holiday celebration where we tie-dyed our SADD t-shirts, which will add some color to our positive promotions. We are also working on something new this year; our members wanted to give back to those who are not quite as fortunate during the holi-

day season. As a result, we are running a toy drive to benefit the Nashua Children's Home. Children living in this group home range from the ages of 6-18 years. Donation boxes will be set up around the school from December 1st-20th. Please bring in new, UNWRAPPED toys that will definitely brighten a child's day. A list of what some of the residents need is in

Room B105...come by and check it out! If you have any questions, please do not hesitate to ask, and remember: your choice to donate will have positive, far-reaching consequences!



Hats Off

Congratulations to Ali Bourassa'17 and Katie Garcia'17 for the month of November. These two outstanding senior students were nominated by faculty & staff and were honored at a luncheon sponsored by the Tewks-

bury Rotary Club. Each month, two of our students are nominated for this award. Hats Off is a joint initiative of the Tewksbury Rotary Club and Tewksbury Memorial High School. The award recognizes those students

who have distinguished themselves academically, have contributed to the co-curricular program at the high school, and have been actively involved in the community. Keep up the great work!!!!



Ali Bourassa '17



Katie Garcia '17

Yearbook Update

Yearbooks can be ordered online at jostensyearbooks.com. The price is \$65 until the end of January. This price will increase to \$70 on February 1, 2017. So order now! If you would like to pay by personal check, checks can be made out to TMHS Yearbook and given to Mrs. Sullivan in Room A103.

If you would like to have a **Parent Recognition Ad** in the yearbook, these ads can be created for your

student right on the Jostens website. The website is www.jostens.com/yearbookads. Surprise your son or daughter with a Recognition Ad. Find your favorite photo from their childhood! This is a fun section of our yearbook and your son or daughter will be surprised when they open their yearbook and see a message from you. The proceeds help us pay for the yearbooks. **Senior Portraits** are due on December 1st. Students need to make sure they selected a pose for their year-

book photo on the O'Connor Studio's website.

www.oconnorstudioseniors.com.

Students who did not have a photograph taken may use their school photo to that was taken for their ID. They should let Mrs. Sullivan know if they want this option.

Any questions, please email:

ssullivan@tewksbury.k12.ma.us

Fashion Show

On Thursday night, November 17th, the TMHS DECA program performed their annual fashion show which financially benefited the Meghan McCarthy Research Fund for the sixth consecutive year. The show was a celebration of Meghan while also creating awareness of Meghan and her cause. Rachel Bradley and Katie Garcia were the coordinators of the show with the support of the TMHS DECA program. A record

breaking total of 90 DECA students in the show raised over \$14,000, \$13,000+ of which was donated to the Meghan McCarthy Research Fund to help find a cure for brain cancer and pediatric cancer. The fundraiser would not have been as successful without the help and support of ALL the teachers and staff at TMHS. There were so many that donated financially to our students as well as helped and supported them throughout the pro-

cess. The TMHS Copy Center printed our program, while the custodial staff was a tremendous help in getting everything set up, prepared and broken down on the night of the show! This is truly a team effort and one that included the entire TMHS school community! TMHS DECA would like to send a big Thank You to everyone for their continued support of our program and the Meghan McCarthy Research Fund!



Fashion Show Photo Shoot

Academic Decathlon Team

The TMHS Academic Decathlon team earned nine medals at the Massachusetts Academic Decathlon Regional Competition held at Franklin High School on Saturday, November 19th. Twenty teams faced off in three levels of competition: Honors, Scholastic, and Varsity. Tewksbury students competing in the small school division took home the following medals.



Academic Decathlon Team Earned Nine Medals

Stephen Long -Scholastic Division

- Social Science- **Bronze**
- Economics- **Silver**
- Art- **Bronze**
- Literature- **Silver**

Akhil Bagul- Honors Division

- Math- **Gold**

Claire Thompson- Honors Division

- Math- **Bronze**

Anagha Late- Varsity Division

- Art- **Bronze**
- Music- **Silver**
- Math- **Gold**



American
Red Cross

High School
Leadership Program

Red Cross Club Charity Drive

The TMHS Red Cross Club is hosting a donation drive for the House of Hope, a homeless shelter in Lowell. The shelter is in need of the following items:

- *Band aids
- *Small bottles of hand sanitizer
- *Aerosol disinfectant spray

- *Small gift cards to places like Walmart, Target, Market Basket, CVS, Rite Aid
- *Baby wipes
- *Arts and crafts materials
- *Packages of socks and underwear for kids, especially toddler sizes

The TMHS Red Cross Club will enter you into a drawing for a \$25 Dunkin Donuts gift card for every item you bring. Bring donated items to Ms. Galusha, Room A309 now until December 9th!

To learn more about the House of Hope, visit <http://houseofhopelowell.org/>

Athletic Update Cross Country

Our 2nd Place finish this year is tied with the 94 & 95 XC teams for the 2nd best finish ever by any girls sports team at TMHS behind only the 2016 Girls Spring Tack Team's All State Championship.

Since the Spring of 2015 TMHS Girls Track & XC teams have competed in 10 MIAA Championship Meets 5xDivisional & 5xAll State

In those 10 meets the girls have accomplished the following:

1st Place - 2 times

- + Spring 2015 D3 Champs
- + Spring 2016 AS Champs

2nd Place - 5 times

- + Fall 2015 D4 Runner Up
- + Winter 2015-16 D4 Runner Up
- + Spring 2016 D3 Runner Up
- + Fall 2016 D4 Runner Up
- + Fall 2016 AS Runner Up

3rd Place - 1 time

- + Fall 2015 AS 3rd

Needless to say, it's been a "nice run"!



MIAA Championship

Fine and Performing Arts Department

The Fine and Performing Arts hall has been a flurry of activity. The Theater Company's upcoming production of *It's a Wonderful Life* will be performed beginning Thursday, December 1st through Saturday, December 3rd. All are welcome to come join them as they transform the Dr. Christine L. McGrath Performing Arts Center at TMHS into Bedford Falls. The Painting Class has also been working hard and will have an exhibit in the lobby of 1930's reproduction holiday card paintings to complement the show. Come get into the holiday spirit! Tickets can be purchased at the door: \$7 for adults and \$5 for seniors, students, and kids.

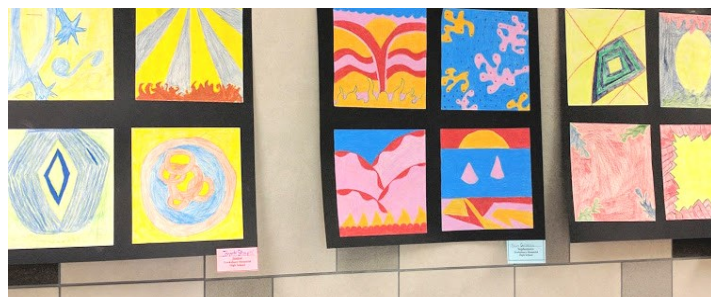
In Music news, the TMHS Band came in 4th place at the New England Scholastic Band Association competition held in Medford on October 30th. Congratulations on a job well done! Affinity Winter Colorguard is starting rehearsals every

Sunday 4-7:00pm and every Monday and Wednesday 5:30-8:30pm at the Ryan School Cafeteria. Chorus meets on Tuesdays from 2-4:00pm. New members are always welcome. The band and chorus have been busy preparing for their winter concert which will be held on December 13th at 7:00pm in the Dr. Christine L. McGrath Performing Arts Center.

Special thanks to the TMHS Band for performing at townwide Veterans Day ceremonies that included Blair House, TMHS schoolwide assembly, and Town Common Veterans Day. We are very proud of our following band students: Andrew Froio, Andrew Laperriere, Chris Nguyen, Connor Mangan, Diego Carneiro Monteiro, Garrett Starr, Stephen Duquette, Lily Allen, Thomas Barinelli, Matthew Donahoe, Matthew Edwards, Megan Cunningham, Mikayla Dolan, Rae Sarno, William Cokkinos, Samantha Nugent, Hannah Austad, Amaya Allen, and Erica Pantanella.

During the month of November the following visual art students have beautiful oil pastel leaves on display at the Superintendent's office: Francesca Cocca'17, Lauren Whelton'17, Rebecca Deck'20, Zachary Hines'20, Christina Spezzaferro'20, Emily Butler'20, Katelyn Wolotschaj'19, Andrew Camelio'20, Dylan Alves'17, Victoria Post'20, Justina MacNeil'19, Amanda Lobsien'17, Pat Wild'17, and Isabelle Picher'18.

The Tewksbury Education Foundation is hosting a holiday season fundraiser at Barnes & Noble in Burlington, MA on Saturday, December 3rd from 9:00am-6:00pm. B&N is located at 98 Middlesex Turnpike. All district art teachers will have student work on display. We have been working in collaboration with parent member, Danielle Clark to beautify the store for the event. There will be book readings and musical performances as well. Please come out for some holiday cheer and support our schools!



The Fine and Performing Arts Hall Has Been a Flurry of Activity.

Information About Vaping from the School Nurse - Jessica McClellan, BSN, RN

What is Vaping?

"Vaping" is another term for using an electronic cigarette. E-cigarettes work by using a battery to heat up a liquid into a vapor that can then be inhaled by the user. These liquids generally contain a mixture of nicotine, flavorings, and other chemicals.

How Safe is Vaping?

While doctors do seem to agree vaping is less harmful than cigarette smoking, they also agree that vaping carries serious risks, including nicotine addiction. Another concern with vaping is with the flavored additives that go into the liquid. One such butter flavor chemical called diacetyl has been proven to cause a respiratory disease called "popcorn lung" when inhaled. There is also a chance of a burn or other harm due to the batteries

themselves malfunctioning. FDA spokesperson Michael Felberbaum relayed there were 134 reports of e-cigs overheating, burning or exploding from 2009 to 2015. Brian King from the CDC's Office on Smoking and Health says "Safer is not the same as safe. Nicotine is a prime ingredient in these devices. Studies show nicotine is more addictive than heroin and cocaine. And there's a growing body of evidence that nicotine can harm the developing adolescent brain."

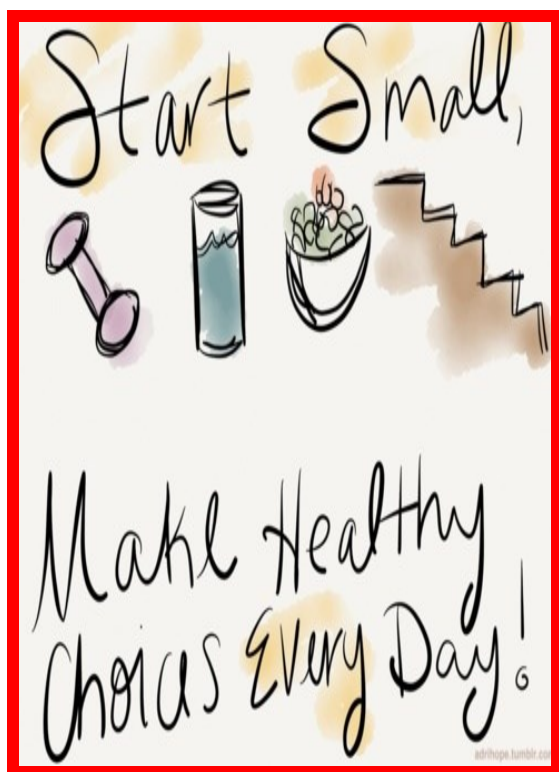
Is Vaping a proven way to stop smoking or a way to lure teens into cigarette smoking?

While e-cigarettes are marketed as a way to help people quit smoking, this method has not been proven more effective than other tools on the market and is therefore considered more of a last resort by physicians.

However, studies have shown links between e-cigarettes and future tobacco use. HealthDay News reports a 2015 study showed a connection between teen vaping and future cigarette use. The study's author Adam Levanthal hypothesized, "Once they start smoking, it's not a foreign sensation to them. They've experienced the act of drawing in these vapor clouds from e-cigarettes and then exhaling them. When they puff on a regular cigarette, it could be more pleasing in comparison to someone who puffs a cigarette for the first time and never had the experience of inhaling a substance before."

Conclusion?

Vaping can be seen as an alternative to smoking, but many questions remain. If at all possible, not starting vaping or smoking is still the wisest choice for good health both now and in the future.



WE RISE AT TMHS!
RESPECT
FOR SELF, OTHERS, PROPERTY, AND THE COMMUNITY
INTEGRITY
BY BEING HONEST, ETHICAL, AND RESPONSIBLE
SKILLS
NECESSARY TO PURSUE THEIR GOALS IN AND OUT OF THE CLASSROOM
ENGAGEMENT
IN ACADEMIC AND CO-CURRICULAR ACTIVITIES

TMHS STUDENTS WILL:
COMMUNICATE EFFECTIVELY
BY GATHERING INFORMATION AND PRESENTING IDEAS IN A CLEAR, ARTICULATE MANNER
SOLVE COMPLEX PROBLEMS
USING A VARIETY OF HIGHER ORDER THINKING SKILLS
WORK INDEPENDENTLY AND COLLABORATIVELY
AS AN ENGAGED LEADER
RESPECT THE RIGHTS OF OTHERS